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Is it Safe to Sleep with Your Newborn?

Zachary Caldwell SN & Mariah Chickeletti SN

What We Learned

We learned three primary things from conducting the literature review. First we learned that education relating to the risks of co-sleeping with one's child is greatly lacking within the medical community. Second, that most SIDS cases involve a foreign object being placed in the sleeping environment with the child. Third, that it was evident there was no clear benefit from co-sleeping with one's infant.

Background

There has been an increase of SIDS in recent years, and research has suggested that co-sleeping with one's infant can increase the incidence of SIDS.

Purpose & Aims

To investigate the literature related to co-sleeping and Sudden Infant Death Syndrome (SIDS) using:

- Nursing Research Journals
- Professional Medical Journals

Sample

- Five studies relating Co-Sleeping and SIDS. Each article was found within the time frame of 2009 to the present.
 - Four studies were Nursing Research Journals
 - One study was a Medical Journal

Methods

Searched the CINAHL and Google Scholar database using key words such as: "co-sleeping", "SIDS", "bed sharing", and "safe sleep".

Results



1. **Co-sleeping education was significantly lacking and needs to be improved among the medical community.**
2. **In a majority of SIDS cases the infant was found with a foreign object in sleeping environment (parent, pillow, toys etc.)**
3. **It was evident there was no clear benefit to co-sleeping since none of the journals did not even discuss the benefits of co-sleeping.**

Discussion

Education needs to be increased about the risks of co-sleeping and it's correlation to SIDS.

- **Education should include that sleeping with your infants is DANGEROUS**
- **The baby sleep education should also include that the baby should not sleep with a pillow or any items in the crib**
- **The baby should ALWAYS be placed supine in the crib**

Next Steps

1. Further research on:
 - How educated the public is on co-sleeping and SIDS
 - If there is any benefits of co-sleeping
2. Practice implications:
 - SIDS education for mothers during postpartum period
 - Follow up education for client at first PCP visit for infant

Limitations

- .Lack of articles discussing the benefits of co-sleeping
- Expand article search to more academic search engines